



Quick Oatmeal Granola

 Vegetarian

READY IN



10 min.

SERVINGS



12

CALORIES



104 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.3 cup honey
- ☐ 2 tablespoons butter light melted
- ☐ 1.5 cups regular oats uncooked
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup flour whole wheat

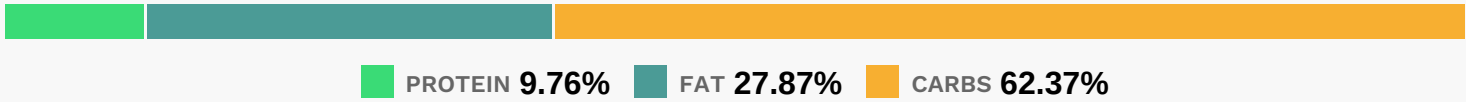
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Stir together honey and next 2 ingredients in a small bowl. Stir together oats, flour, sliced almonds, and salt in a large bowl.
- ☐ Add honey mixture to oatmeal mixture, stirring until combined.
- ☐ Spread oat mixture onto a lightly greased baking sheet.
- ☐ Bake at 350 for 20 minutes, stirring often.

Nutrition Facts



Properties

Glycemic Index:8.52, Glycemic Load:5.39, Inflammation Score:-2, Nutrition Score:4.4134783095316%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 103.8kcal (5.19%), Fat: 3.35g (5.15%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 14.96g (5.44%), Sugar: 6.05g (6.72%), Cholesterol: 2.47mg (0.82%), Sodium: 50.32mg (2.19%), Alcohol: 0.06g (100%), Alcohol %: 0.27% (100%), Protein: 2.64g (5.28%), Manganese: 0.64mg (31.79%), Selenium: 6.2µg (8.86%), Fiber: 1.89g (7.57%), Phosphorus: 72.78mg (7.28%), Magnesium: 28.02mg (7%), Vitamin B1: 0.08mg (5.15%), Vitamin E: 0.77mg (5.13%), Copper: 0.09mg (4.46%), Iron: 0.76mg (4.23%), Zinc: 0.6mg (4%), Vitamin B2: 0.06mg (3.39%), Vitamin B3: 0.46mg (2.32%), Potassium: 79.16mg (2.26%), Vitamin B6: 0.04mg (1.8%), Folate: 6.73µg (1.68%), Vitamin B5: 0.16mg (1.61%), Calcium: 15.44mg (1.54%)